

# PACKING LIST

Use this list to help you pack for the diverse locales, climates and local customs you'll encounter. Packing is of course, an individual art. As such, we recommend you use this list as a general guideline to help you make the most out of your upcoming expedition.

## CARRY-ON:

- Wallet or purse with credit cards and cash
- Passport and inoculation record or waiver
- Antibacterial gel and spray
- Bug spray
- Lip balm
- Sunscreen
- Prescription medication, properly labeled
- Cellphone and camera
- Chargers and extra batteries

## CLOTHING:

- Three pairs of long, lightweight pants for touring
- Two pairs of shorts and/or a long skirt
- Sweater or sweatshirt and a rain jacket
- Four short-sleeved, button-down shirts (at least one in a light, neutral color)
- One long-sleeved, button-down shirt
- Two casual tees or polos
- Swim attire & cover up
- For festive dinners:  
(Men) Two pairs of slacks/khakis and a jacket  
(Ladies) Two smart-casual dresses or dressy pants, and a blazer or dressier cardigan
- Nightclothes
- Undergarments
- Socks of varying thickness

## ACCESSORIES:

- Spare eyeglasses and/or contact lenses and case
- Sunglasses
- Belt
- Scarves or costume jewelry
- Small bag or purse with a strap

## SHOES:

- Two pairs of broken-in walking shoes with good tread
- One pair of dressier shoes and/or sandals (Ladies, please avoid high heels)
- Sports sandals or flip-flops

## TOILETRIES:

- Toothpaste and toothbrush
- Personal grooming/hygiene products

## MEDICATIONS:

- A month's supply of any personal prescriptions
- Over-the-counter cold and flu medicines
- Diarrhea treatment kit

## OTHER:

- Ziploc® bags of various sizes (to prevent moisture on electronics, books and notebooks)
- Binoculars
- Collapsible umbrella
- Collapsible, rubber-tipped walking stick, if needed
- Photocopies of your passport

## RECOMMENDED ITEMS FOR GORILLA

### TREKKING:

- Denim or heavy knit pants or waterproof trousers. Avoid light khakis, as thorns can be encountered on some trails
- Gloves for protection from nettles and stinging plants (i.e. similar to gardening gloves)
- Long-sleeved shirt for protection from the sun and stinging plants\*
- Waterproof bags to protect your cameras

# PACKING GUIDE

## GENERAL PACKING TIPS

- Do not overpack: To guarantee space for shopping and souvenirs, pack so that all of your items fit into your large suitcase, then divide those items between your large and small suitcase.
- Pack items that mix and match. Use a single color scheme to help your attire feel fresh.
- Dress in layers for changes in climate, or to go from warmer days to cooler evenings.
- Plan to use hotel laundry services along the way. These are available at almost every stop.
- Use packing cubes to keep items organized and save space.
- Don't pack shampoo, conditioner or moisturizer unless you require a specific brand. They will be available at all hotels and lotion is provided in your cabin bag on board our jet.
- To save space in your luggage, use your personal cabin bag, stored on board the jet, to keep souvenirs or items you won't use on a daily basis.

## RECOMMENDED ATTIRE

### TOURING:

While touring, casual dress is recommended. Please note that while visiting temples, churches, mosques or other religious sites, it is often required that you keep your shoulders covered and wear long pants or a long skirt.

### MEALS:

**Breakfast and Lunch:** Casual dress is always recommended. Generally, breakfast is served at the hotel, and lunch will be either at the hotel, a local restaurant or served while touring.

**Dinners:** Casual dress is most commonly worn for group dinners. However, on some evenings, including when dine-around meals are planned, smart-casual or resort-casual attire is recommended. Men may want to consider packing khakis or slacks, a few nicer shirts and even a jacket. Women may wish to bring a dress or skirt with a blazer or cardigan. Smart-casual attire is recommended, but certainly not required, for our welcome dinner and farewell dinner.

## LUGGAGE

You may travel with two bags: one large, checked bag and one small, wheeled suitcase which we will provide for you approximately two months prior to the expedition. The weight limit for these bags is a total of 150 pounds, no more than 50 pounds per bag. These bags will be stored in the cargo hold during flights.

In addition, you will be allowed one backpack and a small, personal bag as your carry-on. All hand-carried items must fit in the overhead bin or in the ottoman in front of your seat.

### WHEELIE ONLY STOPS:

Due to logistics and weight restrictions, at some stops you will only have access to your small, wheeled suitcase. Before these stops, your expedition leader will remind you to prepare the items you will need in your small suitcase. Your larger bag will remain securely locked in our aircraft.